

Community Resilience Briefing – 12 August 2022

Welcome to The Highland Council's fortnightly briefing for groups with an interest in local community resilience.

This week we would like to highlight the Council's 'Have your say Highland' consultation:

- **Have your say Highland** - The Highland Council has launched a public consultation to ask people's views on how they would like to see area-based funding being prioritised and which types of community projects they would like developed in their local area. This is an opportunity for communities to tell us what is important to them so that funds can be directed where they are needed most. We would appreciate your help in completing and sharing this consultation. The consultation will remain open until 31 August.

Covid related information

- [Scottish Government Covid-19 Guidance](#)
- [NHS Inform Covid data](#)
- [NHS Inform Covid information and guidance](#)
- [NHS Highland local vaccination information](#)

Funding

SCVO is a key source of funding information for the third sector <https://scvo.scot/funding>. Funds that may be of interest include:

- **Highland Cross Grants**
This fund supports causes by funding capital assets, including minibuses, buildings, and equipment that will benefit people from the Highlands. Next deadline: 30 September 2022.
- **The Pebble Trust**
Provides funding for projects supporting sustainability, equality, resilience, and climate change that will benefit their local community. Next deadline: Apply anytime.
- **Highland Council - Tenant Groups**
Intended to promote and sustain organised tenant groups by providing an annual administrative core funding grant to cover day to day running costs. Next deadline: Apply anytime.

Welfare, poverty reduction and resilience

- **Cyber Scotland August Bulletin** - Included in this bulletin is the latest information regarding staying safe online as well as information aimed at supporting staff resilience.

Mental Health and Wellbeing

- **NHS Highland Mental Wellbeing** – a collection of resources and signposts to help people of all ages to look after their own mental wellbeing
- Attached is the **Mental Health Delivery Group Newsletter July 2022** – which contains information on what to do if you or someone you know is experiencing mental distress, mental health and wellbeing training for individuals and groups, and much more.
- **Cost of Living Crisis Think In – The Bike Shed, 23 Grant Street, Inverness - 17 August 10:00-3:00pm** - <https://fb.me/e/4MvEkLtss>

Are you worried about the Cost of Living? Is it affecting your mental well-being? Do you want to air your concerns? See what help there might be or just want a safe warm place to be?

HUG (Action for Mental Health) is holding a "Think In" where you can talk about what's going on in a friendly and non-judgemental space. We are keen to hear your ideas, and your concerns whether you are a member of HUG or not. We can signpost you to help or advice, share our own tips for eating well on a budget and for keeping warm. We will pass your comments and ideas along to decision makers and consider how we can support each other.

This is a drop in event for those of us who are struggling, so you can come along, stay a wee while, stay all day, have coffee, there'll be lunch (12.30) and a meal to take home which can be frozen or heated up with minimal energy use.

Emergency Planning

- Met Office Weather Warnings <https://www.metoffice.gov.uk/weather/warnings-and-advice/uk-warnings#?date=2022-08-11>
- Met Office Weather Ready <https://www.metoffice.gov.uk/weather/warnings-and-advice/weatherready>
- Floodline Scotland <https://floodlinescotland.org.uk/>
- Ready Scotland - preparing for emergencies <https://ready.scot/>

Other

- **Interim Community Council Elections** - Nominations are being invited from people seeking election to 15 Highland community councils covering areas in Sutherland, Easter Ross, Wester Ross, Isle of Raasay, the Black Isle, Inverness, Nairnshire, Badenoch and Strathspey and Lochaber.
- **Generations Working Together: Highland Network meetings**
Generations Working Together are hosting local intergenerational network meetings at venues across Highland during October and November. These are to bring people together to learn, share good practice and tell stories about local communities and the intergenerational work that may already be happening and to explore the possibilities of involvement in intergenerational practice.